

## CLAIMS

1. An anti-snoring device comprising a compressor (2) and a tube (11) connected to said compressor,

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characterized in that

the compressor (2) feeds compressed air through the conduit (11) to a nasal air cannula (1) in turn applying the compressed air into the nose of a sleeping person.

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2. Anti-snoring device as claimed in claim 1, characterized in that the air compressed by the compressor (2) is fed through an air humidifier (6) before reaching the nasal air cannula (1).

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3. Anti-snoring device as claimed in claim 2, characterized in that the air humidifier (6) is fitted with a temperature control controlling the temperature of the water bath (7) and hence the degree of air humidification.

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4. Anti-snoring device as claimed in one of the above claims, characterized in that the conduit (11) is long enough that the compressor may be located not in the bedroom but in an adjacent room.

5. Anti-snoring device as claimed in one of the above claims, characterized in that the compressor (2) comprises a rotation control (5) controlling the angular speed of the turbine

(3) of said compressor, in such manner that the rotation control (5) allows controlling the flow of air through the nasal air cannula (1).

6. Anti-snoring device as claimed in one of the above claims, characterized in that  
5 the conduit (11) comprises a throttling valve (9) controlling the pressure drop across said conduit and thereby the flow of air through the conduit (11).

7. Anti-snoring device as claimed in one of the above claims, characterized in that  
it includes a bypass valve (10) running from the conduit (11) into the ambient in such manner  
10 that the flow of air through the nasal air cannula also may be controlled said bypass valve (10).

8. Anti-snoring device as claimed in one of the above claims, characterized in that  
the inside diameter of the conduit (11) is less than 10 mm.

15 9. Anti-snoring device as claimed in one of the above claims, characterized in that  
the conduit (11) comprises an inside diameter of 4 mm and an outside diameter of 6 mm.

10. Anti-snoring device as claimed in claim 4, characterized in that the conduit (11)  
comprises a segment of substantial length exhibiting a widened diameter of 10 to 20 mm.

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11. Anti-snoring device as claimed in either of claims 4 and 10 to the extent they  
directly relate to claim 2, characterized in that the air humidifier (6) is configured in the vicinity  
of the sleeping person.

12. Anti-snoring device as claimed in one of claims 2 through 10, characterized in that the compressor (2) and the air humidifier (6) are integrated into one apparatus.

5 13. A method reducing snoring,  
characterized in that  
air is insufflated into the nose of the sleeping person (14) by means of a nasal air cannula.

10 14. Method as claimed in claim 12, characterized in that the air was humidified  
beforehand.

15 15. Snore-reducing nasal air cannula,  
characterized in that  
the nasal air cannula outlets are shaped in such manner that during the nasal air cannula use  
they substantially tightly seal off the sleeping person's nostrils.

16. Nasal air cannula as claimed in claim 15, characterized in that it comprises  
bypass apertures (15) preferably in the vicinity of their nasal outlet apertures.

20 17. Nasal air cannula as claimed in claim 15, characterized in that it includes an  
jacket pipe (21) of which the end near the patient's nose assumes a shape such that during  
operation it will seal substantially tightly one nostril of the patient, a nozzle (18) being configured

in the jacket pipe (21) and allowing blowing air toward that end of the jacket pipe (21) which faces the nose of the patient.

18. Nasal air cannula as claimed in claim 17, characterized in that the cross-section  
5 of the jacket pipe exhibits a constriction (22) between the nozzle (18) and the said tube's end near the person's nose, said variable inside cross-section flaring from the constriction (22) toward that jacket pipe end which faces the person's nose and thereby subtends a diffusor (23).

19. Nasal air cannula as claimed in either of claims 17 or 18, characterized in that it  
10 moreover comprises a measuring tubule (26) fitted with an aperture in the vicinity of that end of the jacket pipe (21) which is near the patient's nose, said measuring tubule allowing measuring the pressure in the nose of the patient.

## LIST OF REFERENCES

- 1 nasal air cannula
- 2 compressor
- 3 turbine
- 4 acoustic insulation
- 5 turbine control means
- 6 air humidifier
- 7 water bath
- 8 temperature control
- 9 throttling valve
- 10 bypass valve
- 11 conduit
- 12 Y junction
- 13 ring
- 14 sleeping person
- 15 bypass apertures
- 16 sleeping person's nose
- 17 upper lip
- 18 nozzle
- 19 upper lip
- 20 dispenser
- 21 jacket pipe
- 22 constriction

- 23     diffusor
- 24     ergonomic pad
- 25     feed lines
- 26     measuring tubule